

BOOK REVIEW

W. Norman Scott, Barton Nisonson, and James A. Nicholas: *Principles of Sports Medicine*. Baltimore, Williams and Wilkins [c1984], pp. xiv, 433

W. Norman Scott, Barton Nisonson, and James A. Nicholas have added another book to the burgeoning library of sports medicine. *Principles of Sports Medicine* is an attractive 433-page edited collection whose stated objective is to "bridge the hiatus between the physician and interested paramedical professional, therapist, trainer, coach, parent and athlete." Thus, the problem arises of presenting a collection which is comprehensible and comprehensive to a population with widely divergent backgrounds. The editors have attempted to solve this dilemma by dividing this collection into three sections—Physiology in Sports, Recognition and Treatment of Injuries, and Preventative Sports Medicine—each with multiple chapters. With 23 chapters and 40 contributors, one finds a wide range of writing styles and depth of presentation.

Section I on Physiology in Sports Medicine presents little new data and one wonders why chapter four, entitled The Nonmedical Use of Drugs in Sports, is included in this section. The section on the neuromuscular system, in particular, would be extremely difficult to decipher for any reader without an excellent biochemistry background.

The second and largest section deals with injuries, and is conveniently divided into anatomical areas. Again, due to the multitude of contributors, the style and depth of presentation varies greatly. Certainly, a great deal of valuable information is contained in this section. However, any competent traumatologist would be aware of the care as generally outlined, as it is often not in depth. At times, areas of controversy are not noted, and the uninitiated might be led to believe that only the treatment method proposed is acceptable. In general, however, while it is not as comprehensive, this section compares favorably with the classic against which all sports injury books must be judged, O'Donoghue's *Treatment of Injuries to Athletes*.

The final section on Preventative Sports Medicine was at the same time the most disappointing and contained the best individual chapter. Considering the great emphasis that Dr. Nicholas has for years rightfully placed on conditioning and rehabilitation, it was odd to see the minimal space allotted to this topic. Certainly, his earlier work has been in the vanguard of chang-

ing the entire concept of conditioning and rehabilitation. Unfortunately, this was not emphasized nor was it adequately treated throughout the remainder of the book. In addition, with the tremendous increase in female athletic competition, it would have been appropriate to have more than a passing reference to women in athletics.

The section on Pediatrics Sports Medicine, however, should be considered required reading for any physician involved with the child athlete. Extremely well written, it is well balanced and explores evenhandedly controversies in this area along with proposing excellent guidelines.

Throughout the text, each individual author has taken great pains to provide an extensive bibliography for those desiring to do further research.

In summary, Principles of Sports Medicine has attempted a gigantic task. Almost by definition, any text aiming to appeal to an extremely diverse readership can be found lacking in some areas. Despite some flaws, however, it will be valuable to individuals at all levels of expertise who deal with athletes and athletics, from trainers to team physicians. It will be a useful reference in every hospital library and in the home library of team physicians.

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